



MUSCLE BEACH BEAUTIES

...from the **ORRIN J. HELLER COLLECTION**

-Volume One-

APACHE DANCE!



GIANT WOMEN!



MIXED-WRESTLING



MISS MARRA

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CIRCUS STRONG WOMEN!



**An
LH-ART
Publication**



LOOK OUT SAILOR!!
She's nearly seven feet
tall!!

(From NIGHT & DAY
magazine, mid-1950's)

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My Dad's Obsession

by Larry Heller

Orrin Jesse Heller was the first born of 6 brothers & 2 sisters. Born into a farming family in Iowa in the year of 1913. His interest in muscular women was said to have started when he caught a Strong Woman act at a traveling carnival in the mid-1920's, but he once told me he remembered having a very strong-armed babysitter for a time when he was very young and this made an impression on him. He was collecting material on early airplanes at the time of attending this strength act, and shifted to collecting material on strong women. A collecting passion that he stuck with for the rest of his life.

In the 1930's he was active for a time in the Soil Conservation Corps and this is where he gained some of his early engineering experience, as well as a fine collection of American Indian arrowhead and axehead artifacts. With all the moving around he did during the thirties it is amazing he was able to retain all that much of his early collection of material on Old Time Strong Women. If you've seen the tenth issue of his *Female Muscledania* you'll read where he talks of meeting the great **Kate Sandwina** in Wisconsin in 1941 when she was performing her strength act in the side show of the Ringling Bros. Circus. He had already collected much material on the early strong women by that time. These two souvenir buttons (reproduced below) are of an early 20th century strong woman named **Charmion**. Actually she was a trapeze artist who also did a very early form of the strip tease with muscle flexing.

It is hard to say whether it was the very early influence of that strong-armed nurse maid, or these old strength acts emphasis on upper body strength and bicep flexing, but OJH's interest in women with bicep muscles was already well entrenched by the time World War Two put him in the Army Air Corps as a Navigator of B-17's & 25's flying out of the northern shores of South America to protect shipping vessels loaded with boxite from ore mines there. He came back to the states with boxes full of pictures of Jamaican, Puerto Rican & South American women making a muscle.





After the war OJH and my mother settled in the then slow and sunny city of Los Angeles. My mother didn't seem to mind my father's collecting habits. They were happy to just be alive and employed after going through the depression and WWII. When the various circuses came to town OJH would attend as often as he could and always took his camera along to photograph the strong female performers no matter what their act was. If they had potential biceps he'd try to get them to flex-up for his camera. And most of them would.

He got to know many of these women even though most of them were European and spoke very little English. He carried a big book of 8x10 glossies of the women he'd already photographed and showed it to them. Most would recognize someone they knew or were related to and agree to pose. He also kept his promise to supply them with any prints they wanted and this impressed them as many photographers never kept their promise like OJH did.

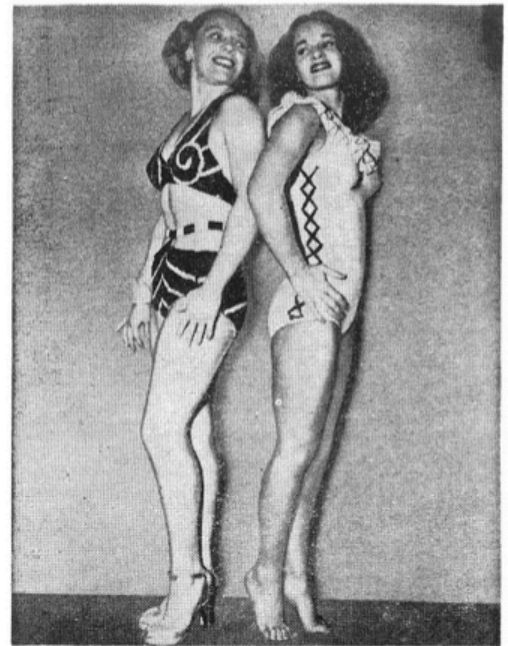
It was also during this time that OJH would haunt the used book shops of Los Angeles during his lunch hour and any magazine, book, or pulp new or old that had anything on women athletes or circus performers or dancers or anything that involved women showing strength would be purchased—many times over—for his growing scrap books. Even Comic Books were bought which later on proved to be a small money maker for a son who collected them but also needed cash for an electric guitar amplifier (*Shoulda' kept those comics.....*).

Most of the name circus companies came through Los Angeles so OJH got to photograph most the name performers. Even into the mid-1950's these treks to the circus were a regular thing and both my sister and I would tag along with our Dad and learn about circus life behind the Big Top. The performers were, in most cases, part of large extended families performing in many different circuses and there were a lot of stories and information to be gained. But there was also that language barrier.

OJH also liked to draw these strong women and enjoyed enhancing the arm dimensions of many a Comic Book heroine and Jungle Queen. We will try to show some samples of these in future volumes. The piece at the head of this editorial is one of OJH's finer efforts in the rendering of a truly awesomely arm muscled female.

At right is a newspaper clip showing the circus girl named **La Norma** who later became well known to the **Women Physique Club** with her numerous appearances in their club publications.

2.



HEY, KIDS, IT'S CIRCUS TIME!
SOME OF THE OLDER boys may be interested in aerialists Lalage, left, and Rose Gould, too. They'll perform in Shrine-Polack Bros. starting Thursday at the Shrine auditorium.

Los Angeles Examiner
2 Sec. 1, Part C Sun., April 11, 1954

SHRINE SETS CIRCUS DATES

From jungle cats to clowns and aerialists, there will be "something for everyone" at the Al Malaikah Shrine-Polack Brothers Circus at the Shrine Auditorium, April 19-25, a seven day run.

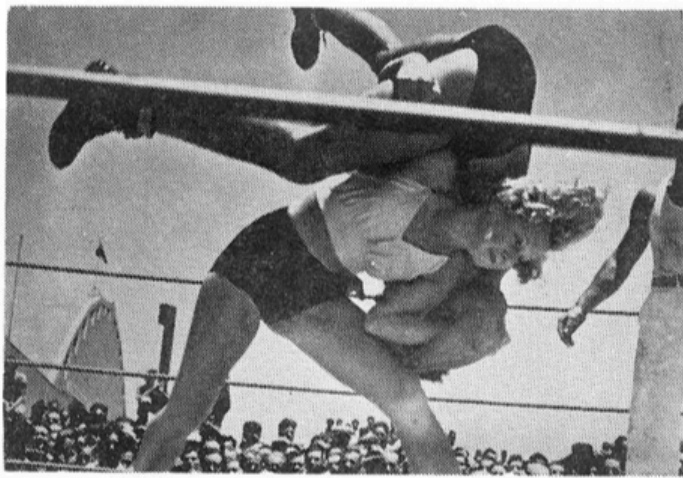
Animal acts will also include the Besalou baby elephants, movie chimpanzees, trained pigs, precision-trained palominos and a pony and dog revue.

Among the daring trapeze artists will be blonde La Norma, Danish star, who will swing by her bare heels far overhead. There will be five acrobatic acts, too.

Reserved seats will go on sale tomorrow at the Shrine box office. Performances are scheduled nightly at 8:15, with matinees at 3:45 p. m., Tuesday through Friday and at 2:15 p. m., week ends. A special show will be given at 10 a. m., Saturday, at which no seats will be reserved.



DARING Danish trapeze star, lovely La Norma, will be one of the great attractions of Al Malaikah Shrine-Polack Bros. Circus to be seen at Shrine Auditorium week of April 19-25.

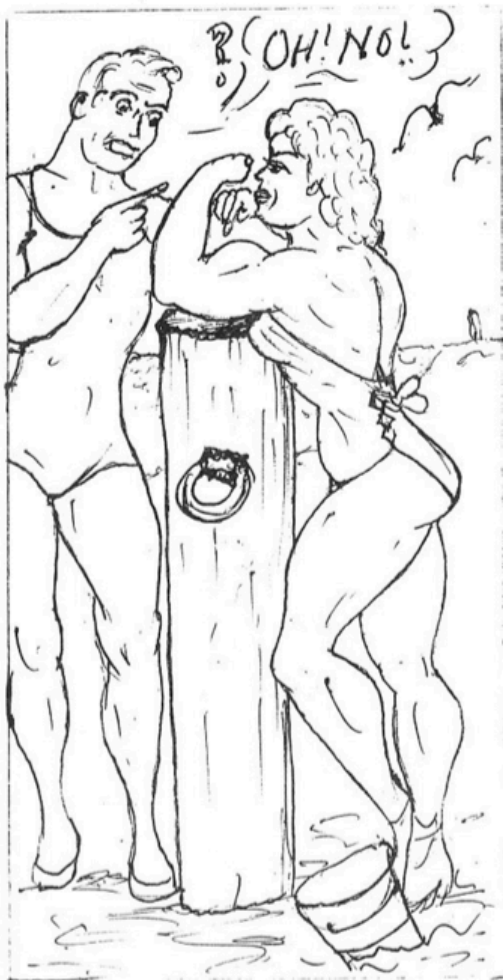


That's Relma above rudely tossing her male opponent to the mat near Pacific Ocean Park in the mid-40's. This era was actually a Golden Age for many health and strength enthusiast. Probably the closest women got to being considered attractive for having real muscles (muscle tone as Pudgy referred to it) until the late seventies.

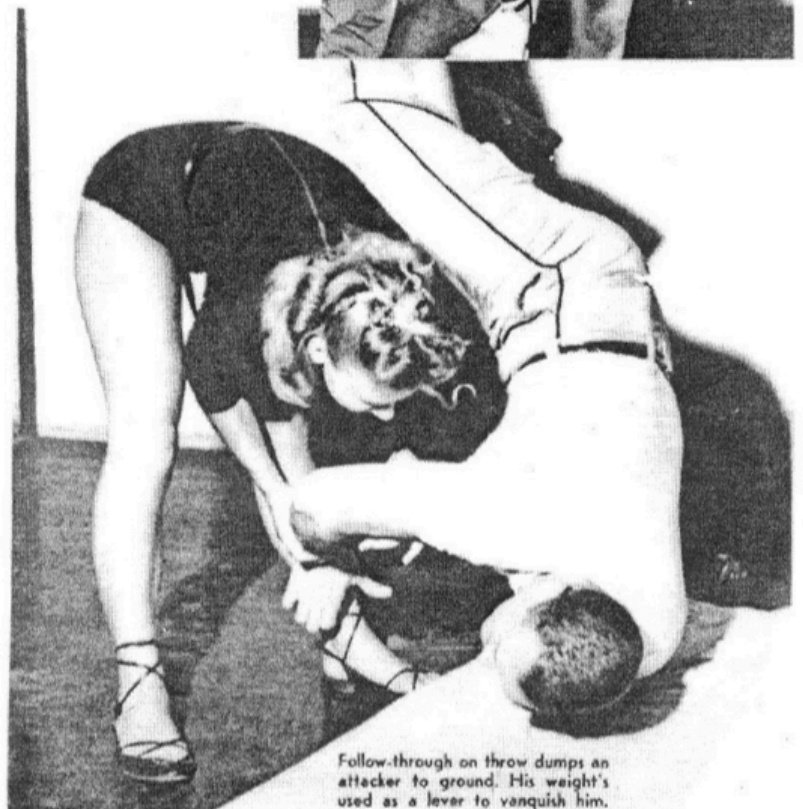
Another near by area to Los Angeles where muscular women could be found in the 1940's was at the beach by Santa Monica (Phillip Marlowe's *Bay City*). Known to most as **MUSCLE BEACH**. OJH was there focusing in on the many tumblers and handbalancers getting to know **Pudgy & Les Stockton, Edna Rivers** (he actually corresponded with her during WWII and we'll reprint some of these letters in an upcoming revision and combination of the first three Special Pamphlets), and **Relma Brewer**.



(A popular photo-spread in the 1950's was the seemingly helpless-but always quite shapely-young woman defending herself against some thug with her Judo skills.)
3.



"Listen Mr. Don't get fresh with me. See that Muscle. Why! I'll pull this piling out by the roots & break it over Your thick Skull!"



Follow-through on throw dumps an attacker to ground. His weight's used as a lever to vanquish him.



(Look closely at Joan's left bicep above. It has been airbrushed to look smaller. It should go out to where the white dots on her gown stop appearing in single file. In other words a good 2 inches more!)

Later in the fifties OJH also became involved with **Doyle Russell's ATHENA GYM** and Enterprises . This was a mail order business that sold photo sets of female wrestling matched that OJH photographed at this gym as well as sets of his own circus girl flexing shots. They also offered cartoons by OJH as well as many others (The **Hippolite** wrestling **Hercules** story that is done in airbrush and offered now by LH-ART, is one of these cartoons that Athena never released). There never was much money made off of this endeavor, and OJH ended up doing a lot of work for very little return. Good thing he kept his day job!

4.

In the 1950's Television started to invade our living room and there were many circus and variety shows that featured trapeze and even strong girl acts. **Joan Rhodes** was a very popular English strong woman at that time and here is what OJH had to say about seeing her on TV for the first time.....

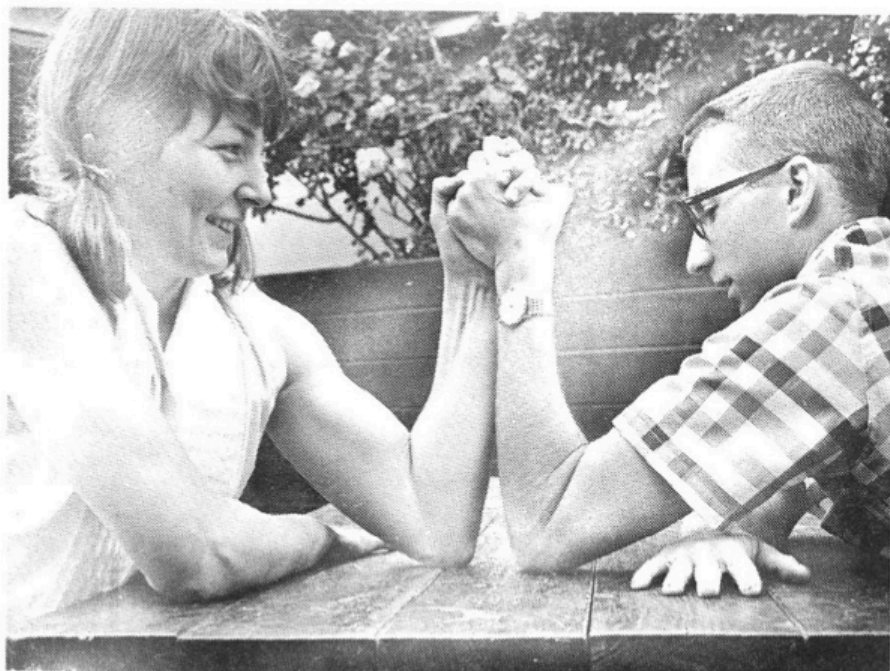
"Saw Joan Rhodes on **Bob Hope's** TV show the evening of Dec. 27th 1955. Filmed from Iceland Servicemans Christmas show. Saw her complete act. First was a round iron bar bent slightly behind her neck then around her knee. Then bent further by sheer strength by compressing her arms. Next was a flat bar bent in her teeth. First effort pulled with arms close to sides. Second effort with left arm close to side and the right arm out. That bicep became quite prominent. Third effort was with her back to the audience arms further out. Her back muscles ripples and bunched. Then she tore a phone book in two. First she started with it across her knee with arms close to chest, biceps bunched big. Then raised her arms and half torn book above her head. Finishing the tearing of it in two with considerable show of muscles. She then tore the halves into quarters in the same manner.

Joan's arms showed big even in repose with biceps full, the muscles showing full and round all the way to the elbow in repose. Movement caused muscles to ripple and bunch under her smooth skin. Legs looked full and powerful."



In the 1960's OJH became a large contributor of photos to **Peter Van Duyn** and his wife Paula's **Woman 's Physical Culture** club publications. This was an effort devoted solely to the covering of women's strength athletics and promoting women who wanted to build up their muscles. For more information see the LH-ART reprints of most of these publications. The first volume contains OJH's own recollection of the history of this organization that was just a little bit too early on the scene.

Pictured to the right is a W.P.C. correspondent **Margaret Hedrick** about to put her boyfriend (and later husband) Rick's arm down on the picnic table in OJH's back yard.

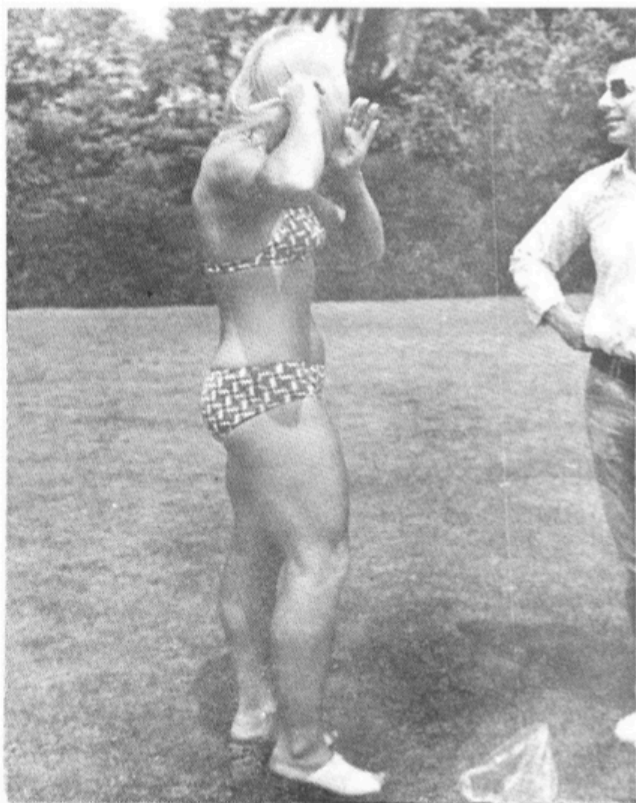


Into the 1970's the hobby continued with the clippings of anything related to women's strength growing and growing. Even the big media coverage of such staged events as **Sony Bono** getting nailed by Aussie woman wrestle **Susan Sexton** didn't escape OJH's trusty scissors.



In this publication we will bounce around many of the genres of female strength and size. Giving you an overview of this vast collection of OJH's. If there are any subjects you want to see featured in more detail, please let us know and we will keep these suggestions on hand as we prepare future Volumes. We will also be updating many of the pamphlets and cartoon stories that were offered on the Fall 1996 OJH lists. Getting the poorly reproduced text and photos replaced with much clearer versions and typesetting and getting many of the cartoons redrawn by our LH-ART artist.

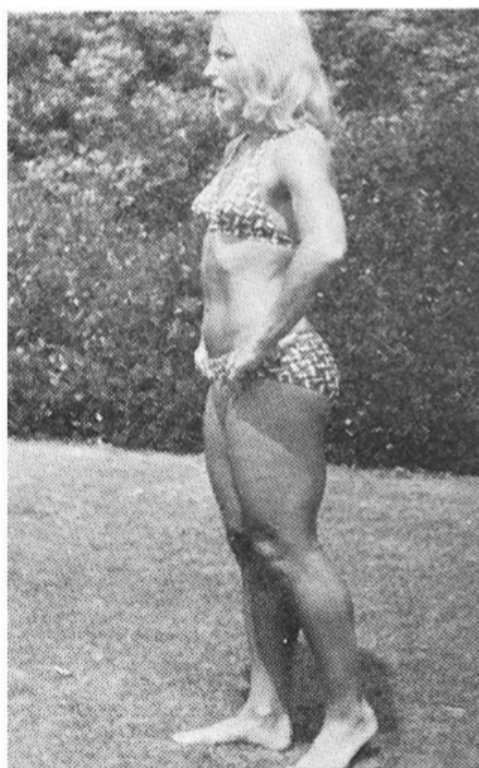
But now let us explore a genre that many think about a lot lately. That of size compassion. The **BIG** and the little of things. Kinda like the interesting couple you see here to the right.



(Formidable size difference between an athletically trained woman and an average man)



(Husband and wife aerialists "Les Geraldos". Arm and leg muscles are nearly the same size regardless of their respective height difference.)



—MIRRORFOTO
High above the floor swing "Les Geraldos," thrilling aerialists with the Shrine Circus, currently (through Sunday) appearing at the Shrine Auditorium here. Back in 1949, only 8 weeks after the high trapeze team arrived in this country from France, they fell 45 feet during a performance in Baltimore, Md. It was two years before they could do their act again.

(Note the gigantic thigh biceps of **Irene Piotrowski** a Canadian sprinter from the early 70's. What crushing potential those legs must possess! For more of Irene check out **Special Pamphlet #5**)





Before modern day body building for women became a common occurrence, about the only place outside of the Olympics where you could find a large group of muscularly fit females was the Circus. The women who were part of aerialist acts being, for the most part, the most muscular. By the 1950's Strong Woman acts at circus side shows were almost extinct, but under the Big Top, up near the top, a display of female muscularity was featured and those with binoculars or a good telephoto lens on their cameras could check it out.

Mara Campos was one of the most muscular of these beauties as the photo below and to the right shows.



(Rose Gould is another aerialist with an impressive build. If she doesn't out-muscle her male partner in the arm department she surely did in the legs!)



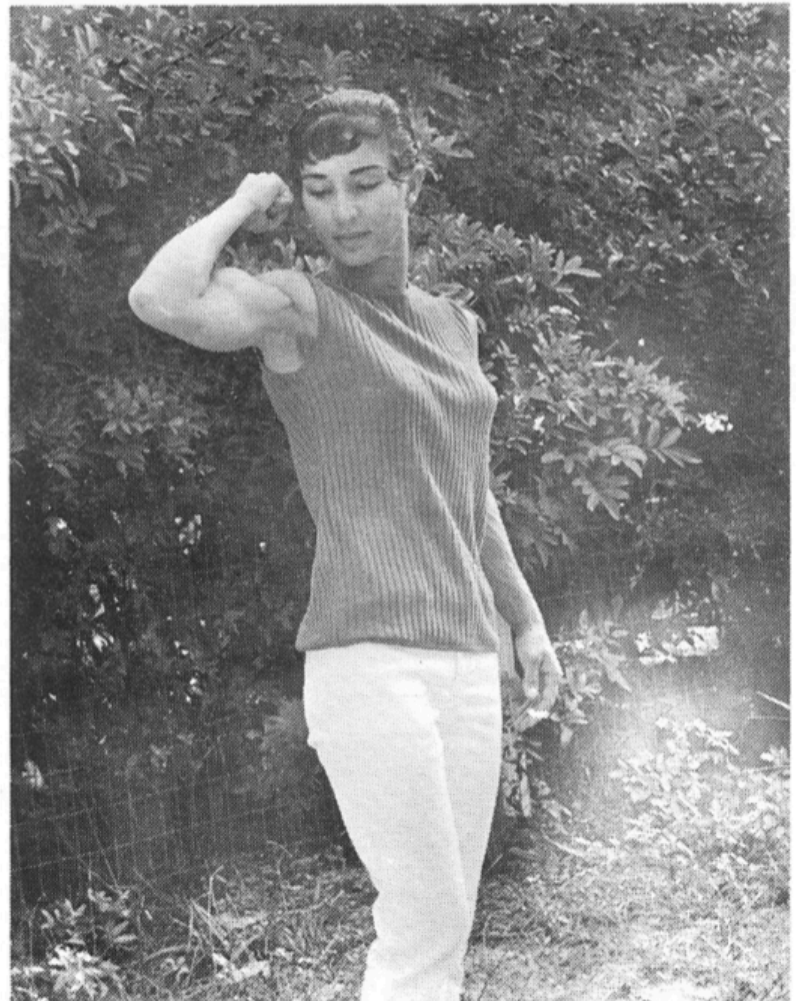
GETTING READY—Rose Gould, aerial star, rubs rosin on her legs in dressing room before her act.

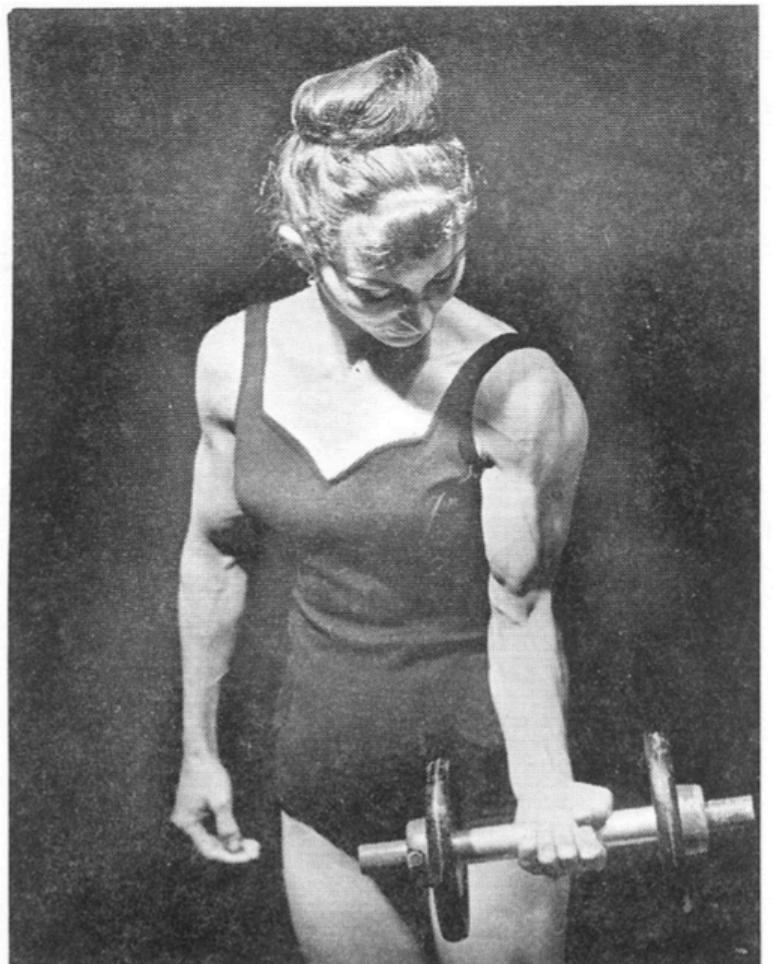
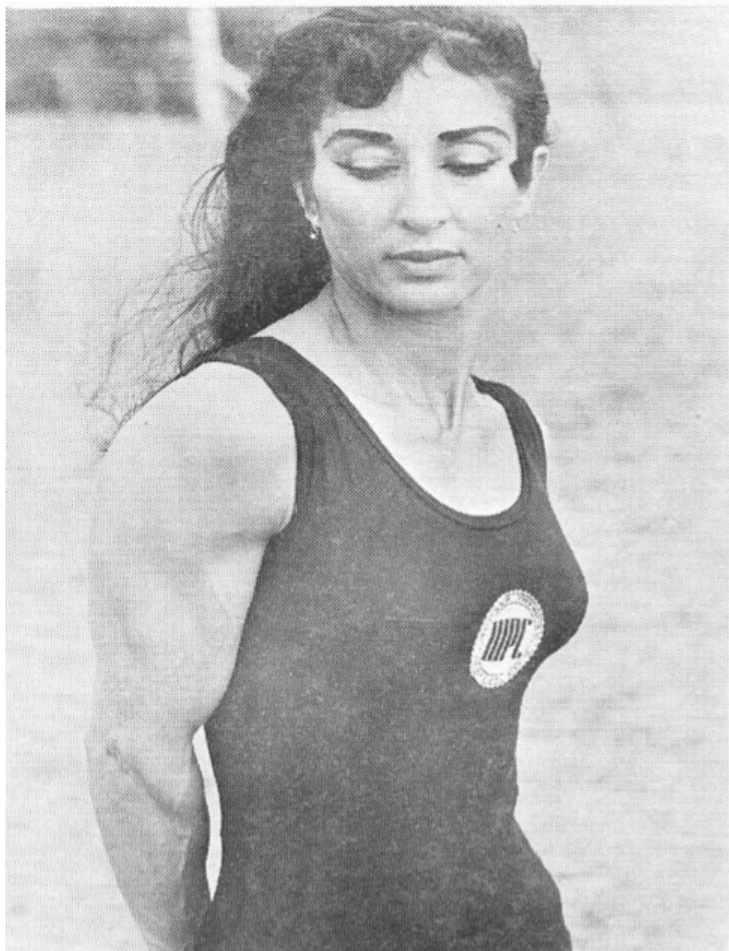
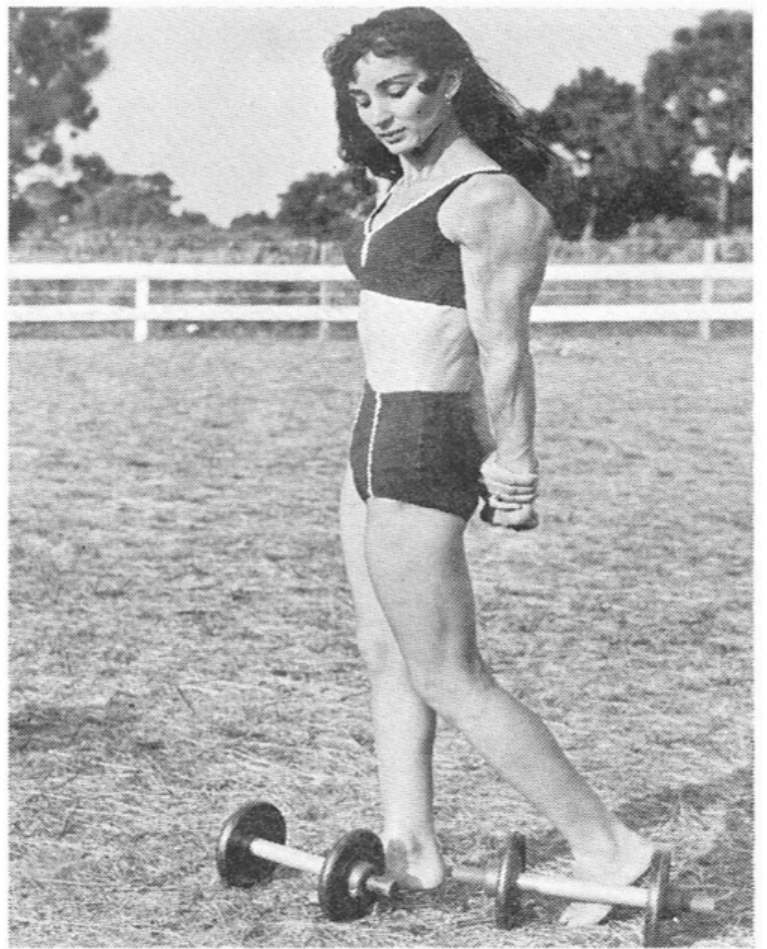


My father met Mara for the first time in the early 1950's. I think she was already with the Ringling Bros circus. She had a very vascular type of muscularity with low body fat. So when her muscles were in use they virtually *popped* out at you. Her biceps peaked-up greatly whenever she flexed. The above photo was taken during OJH's first photographing of Mara and she is holding up her son for his camera.

I finally got to meet her in the early 1960's when she was a headliner with the Ringling group at the Sports Arena in Los Angeles. I also met her teenaged daughter who was about 5 inches taller than my own teenaged self even though she was almost two years younger than I was! She was also obviously a lot stronger than I was. It was during this time that my father took some color slides of Mara which we hope to be offering again shortly either as part of a new circus film transfer to video-tape, or as color photo sets.

The photo to the right and the ones on the next page were taken by Peter Van Duyn of the WPC club in Sarasota Florida.







(Ruth Flannigan Antelaks - Perch artist, Clyde Beatty circus 1948)



(Impromptu Posedown outside the Big Top - circa 1940's)

OJH's CIRCUS GIRLS



(Pretty members of an aerial ballet act flex up for OJH's camera at the Pollack Bros. 1948 circus)



(Zeffa Loyal Repensky equestrienne for Pollack Bros. 1950 Note those great quads and pumped out calves!)



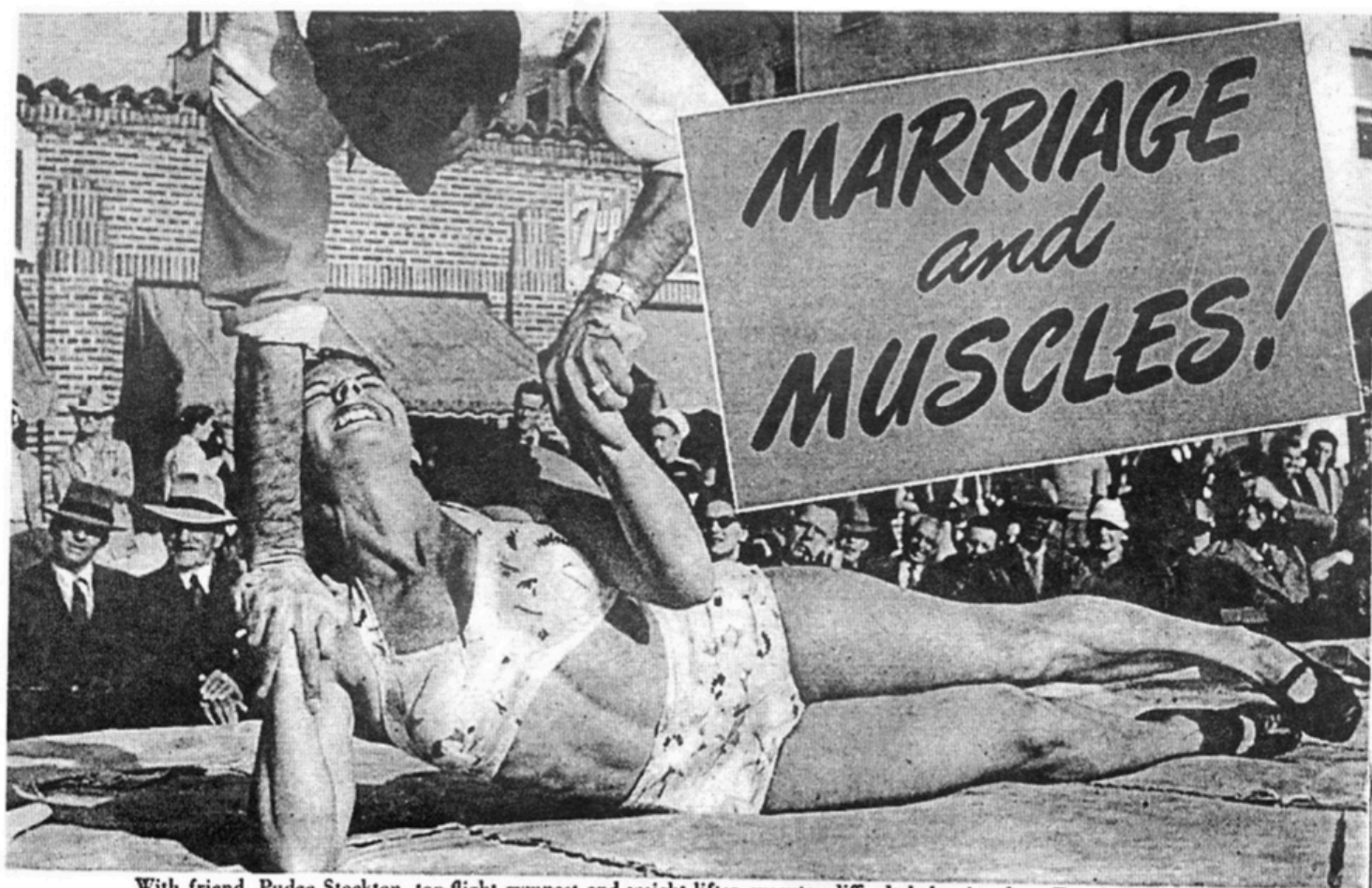
(Nina Unus (Tuerck), Vicky Unus's sister, Polack Bros. 1953)



(Sturdy legged & armed understander, circus unknown)



MUSCLE BEACH, PUDGY STOCKTON, and other heavy-lifting women...



With friend, Pudge Stockton, top-flight gymnast and weight lifter executes difficult balancing feat. Try this one yourself!

Steel springs are what Pudge must use for muscles when she balances husband, Les, like this on beach at Santa Monica.

THE athletic Stocktons are two of the world's most perfectly proportioned people. Les Stockton is a former Army captain, and an Olympics athlete, while wife Abbye (Pudge) Stockton is a top-flight gymnast and weight-lifter. The California coastline is their gymnasium, particularly the beach at Santa Monica where, on clear days, you can see bulging biceps for miles around. Here, the Sampsonian Stocktons show off, for LAFF, their agility at handstands, balancing. Allez oop, friends!

Les and Pudge demonstrate a handstand which looks easy but better find a soft spot to fall if you want to try the trick.





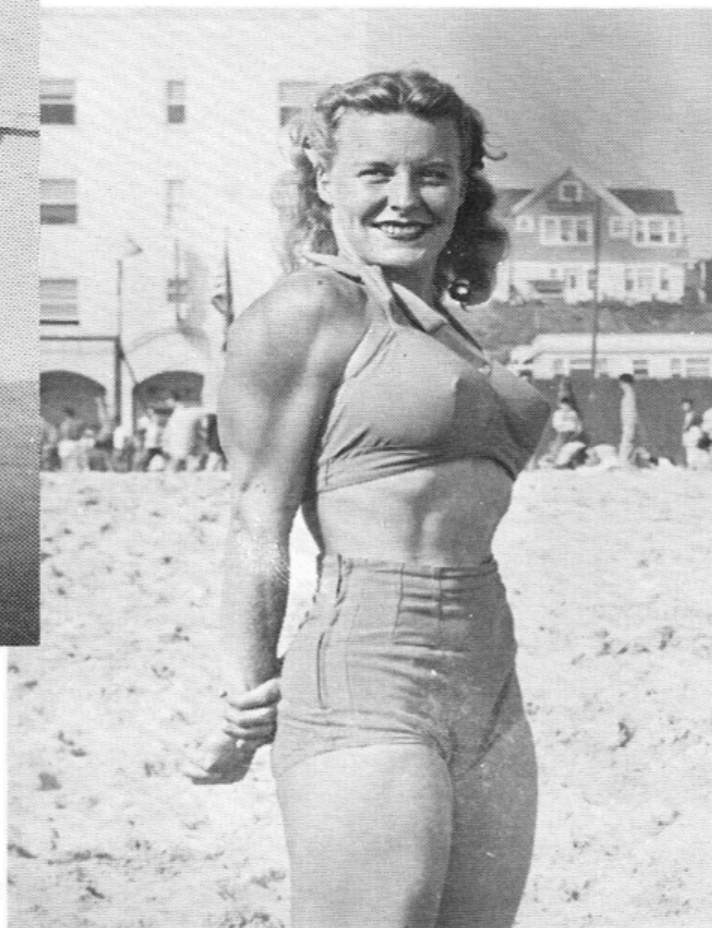
Muscles on Pudge's perfectly developed body stand out in this one. Below, now it's Pudge's turn to be the overhead and she's real lithe.



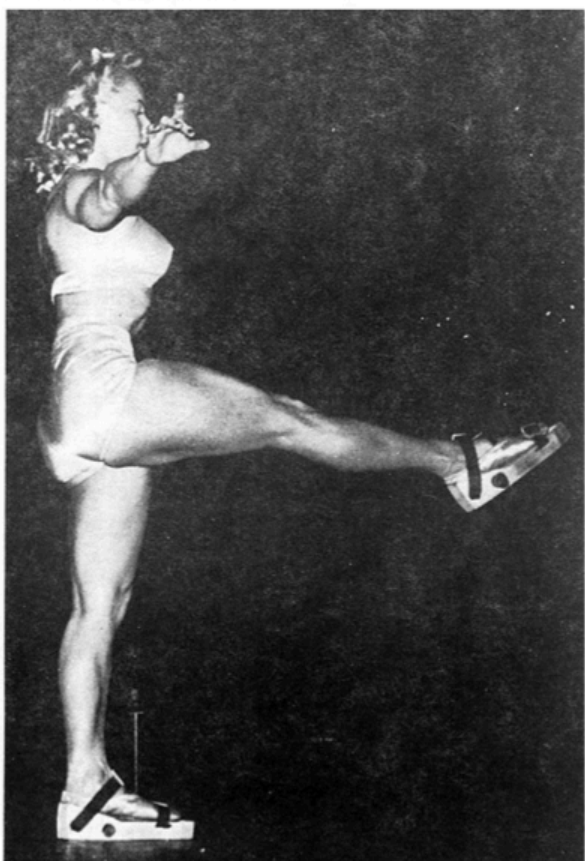
Daily work-outs have given Pudge Stockton this well-developed body, made her and husband outstanding as gymnasts. They also conduct mag column on health.



Abbye Stockton was surely the prototype for today's fitness women. She had a chest before **Playboy** magazine made big breasts all the rage. She even coined the phrase *Muscle Tone for women*. She was a real pioneer in getting muscles on women to be a more acceptable-if not attractive-option.

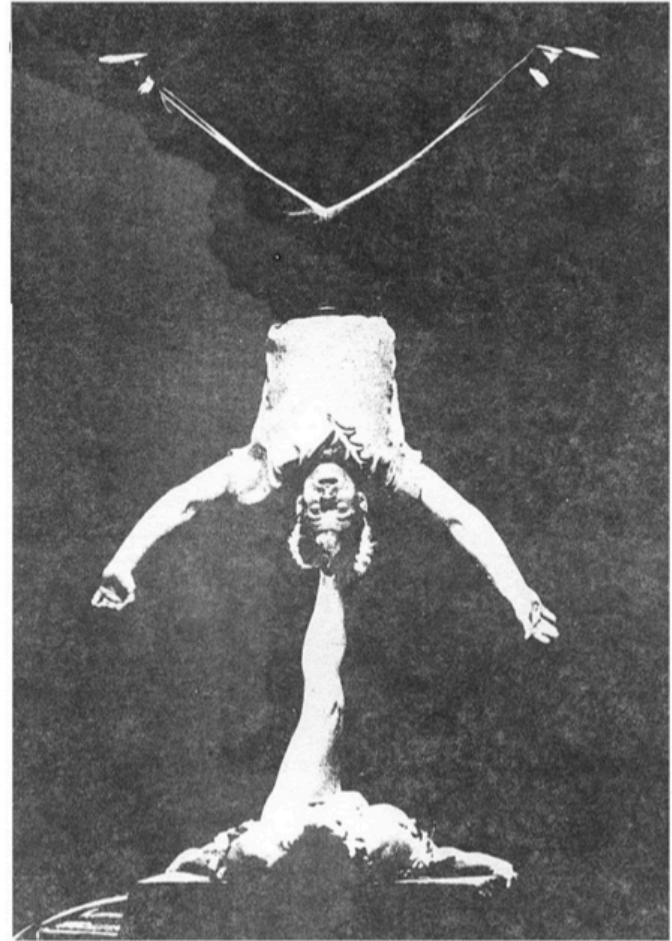


(Here Abbye supports her husband Les at arms length. He must weigh over 160 pounds!)



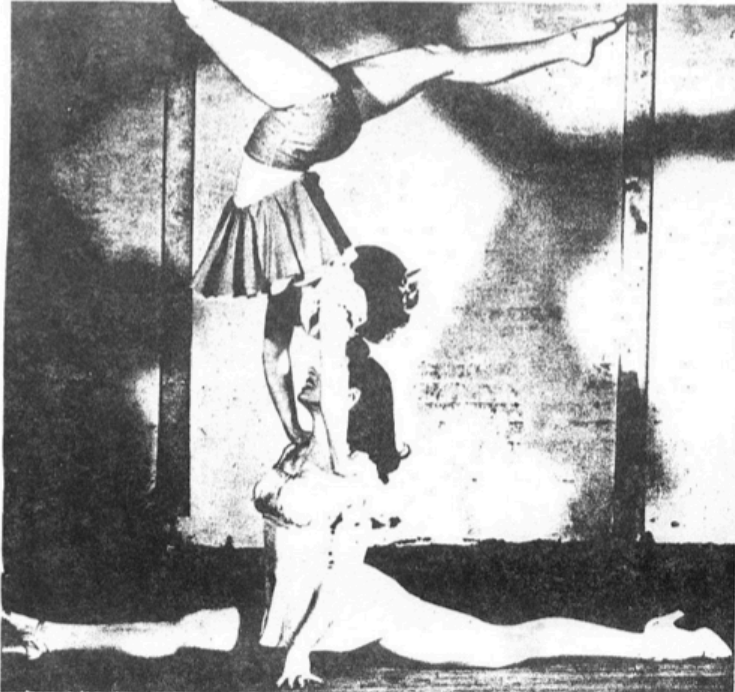


Speaking of heavy lifts..... Here Abbye holds up three folks at once and still keeps her pretty smile! The two photos below are from Europe and both display women with great strength and skill. Even back then women's superior leg strength was a given.



(The Knight Sisters were well known Adagio-Balancing act from the 1940's. For more coverage of Kitty Knight flexing up for OJH see **Female Muscledania #2**)

Kitty does a split while balancing Betsy on her shoulders.



Kitty supports all of Betsy's 115 pounds on one thigh.





(To the left a very young **Relma Brewer** holds this big guy up with ease. Looks like they are down beneath the Santa Monica Pier in the 1940's. Above she supports three girl friends with ease.)



(Two more of **ABBYE STOCKTON** lifting both a man and a heavy barebell overhead)



(All this lifting takes both strong arms and legs. In another activity where we find women with strong legs is **DANCING**. Photo Left. More on this subject on the following pages)



DANCERS were also a strong legged lot and usually got a lot of coverage in the popular entertainment magazines of the 1930's and 40's. OJH clipped and saved all those that showed muscular development.

CONTINENTAL DANCER

Ludmilla Rassow is the daughter of a Spanish mother and Russian father. She mixes precision with fire in her dances that have made her the rage of Europe, and at present she has star billing in Lausanne, Switzerland. Ludmilla is considering a personal appearance in America.

(Above text is reset from a popular entertainment mag from the 1940's. This woman obviously had a very strong pair of legs and well developed arms to perform all the handstands you see here. Read the text in the box above her hands below. As you can see these publications had to separate the fact that she had an attractive perfect figure from the show of her muscular development, as if the two were not related in anyway.)



Balancing precisely, Miss Rassow performs a most difficult split while supported on her hands alone!

Ludmilla has trained properly in order to develop strong muscles and still retain a perfect figure.



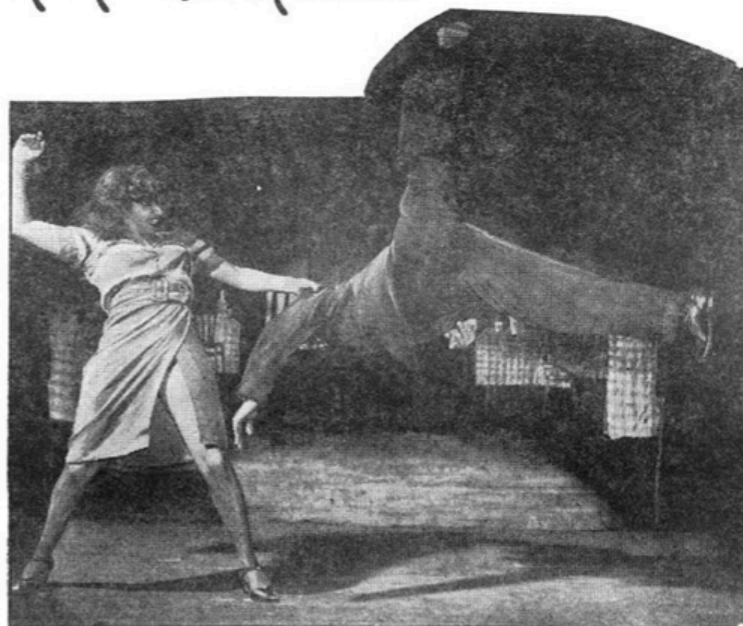
(SALLY RAND—above and to the right—famous *Bubble and Fan* dancer of the 1930's & 40's was quite successful and a very sharp businesswoman. At just over five feet in height she had a very solid pair of legs.)



APACHE DANCE!



(Ballerina **Cecil Lewin** at Billie Rose's **DIAMOND HORSHOE** in 1944 Keeping those seams straight & stretched!)



The Apache/Adagio dance has its origins in France. Basically it is a dance were two women fight over and with one man, but the choreography has been varied over time. Especially when the style was picked up by dance teams with acrobatic experience and strong-bodied female dance partners. It seemed like the more the women were seen tossing the brutal womanizing male around the more popular the dance became!

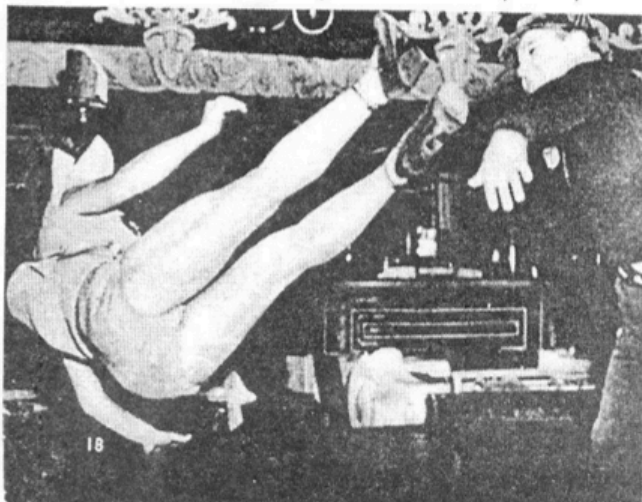


(APACHE experts like **Frank Mazzone** called it one of the most hazardous of dance routines. Making an already rough dance much rougher. He's actually dragging the girl above across the stage by her hair. Tumbling experience is also necessary)



Apache is based on love of two jealous girls for the same man. In Mazzone's act roughness isn't simulated.

Below, fast-action camera catches dancer in mid-air. She's got to break fall perfectly.





(Some of the Battle of the Sexes themes of Apache got converted into this Ballet routine pictured here. In this dance it seems the leggy female is dishing out most of the hurt to her sniveling male worshiper)



(From PARIS LIFE) **WICKED SPOTS OF GAY PAREE**

"Gay Paree" has two faces. One is a gilded mask, dangled before the wide eyes of visiting firemen, schoolteachers and chaperoned minors on guided tours. The other - which is the real face of Paris to those who know the capital city like their own heart - is little known and seldom seen by foreigners.

There are the Apache cabarets, for example. Apaches are the hopped-up yeggs of the Paris underworld. Like the zoot-suited muggers of our large cities, they can be recognized by their affected style of dress, and are raised in an atmosphere of jazzed-up gin mills; of crime and violence.

The gendarmes have a very philosophical attitude towards Apaches, who rid the world of one another, and seldom interfere with their rowdy existence unless a crime is perpetrated on an *outsider*. And they are not too sympathetic towards outsiders, either, who should know enough to steer clear of the underworld dens.

The pix to the left was taken at an authentic Apache cafe. When a real Apache is broke, he usually picks up a girl, or takes his own *broad* and gets a job dancing for a few days. The hopped-up thug is a sadistic creature who doesn't know his own strength - as far as the dance is concerned - and a real Apache dance make the usual vaudeville or nightclub routine look like a minuet at the Court of St. James. After he's made enough money by dancing to fill his belly with food and his pockets with a few days' spending money, the Apache will disappear into the haunts of the underworld again, to go on a dope or booze bender until his financial condition induces him into more dancing, or robbing. (Women who danced with these jerks had to be really tough to take all that punishment)



(Two more views of the **RIVIERAS**—seen in Fern Muscleeania #18. This team used bits of Apache, hand balancing and comedy to put together their popular late 40's act.)

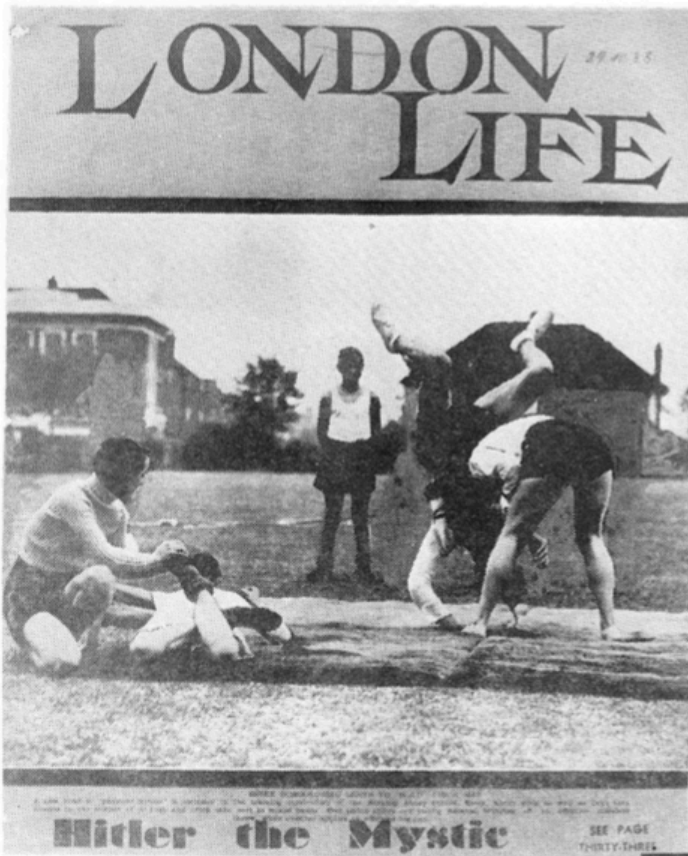
(From SCOOP, July 1954)

Pretty June Stewart is a high school student with mighty ambitions. She wants to be a weightlifter and professional wrestler. A senior at Bayside High School, June is believed to be the only female in all of Queens County, New York, who has these distinctive aims in life. Although weightlifting is recognized as a sport, not just a form of physical culture, it has been devoted primarily to 97 pound men who want muscles of steel. Now, with the advent of Miss Stewart, who knows, the next champion muscleman of the world may be a woman! June studies business in school aside from heisting 145 pound chunks of iron. The only one to suffer in all this is her boyfriend who often gets a rugged wrestling workout.



A wonderful date, June's only drawback is that she sometimes gets carried away watching TV wrestling, tries painful holds on the hapless boyfriend.





(Cover from 10-29-38 shows the girls dominating the self-defense training at their school)

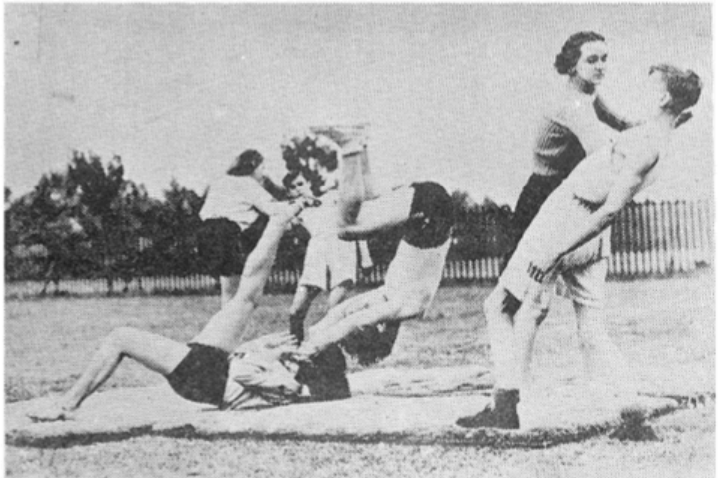


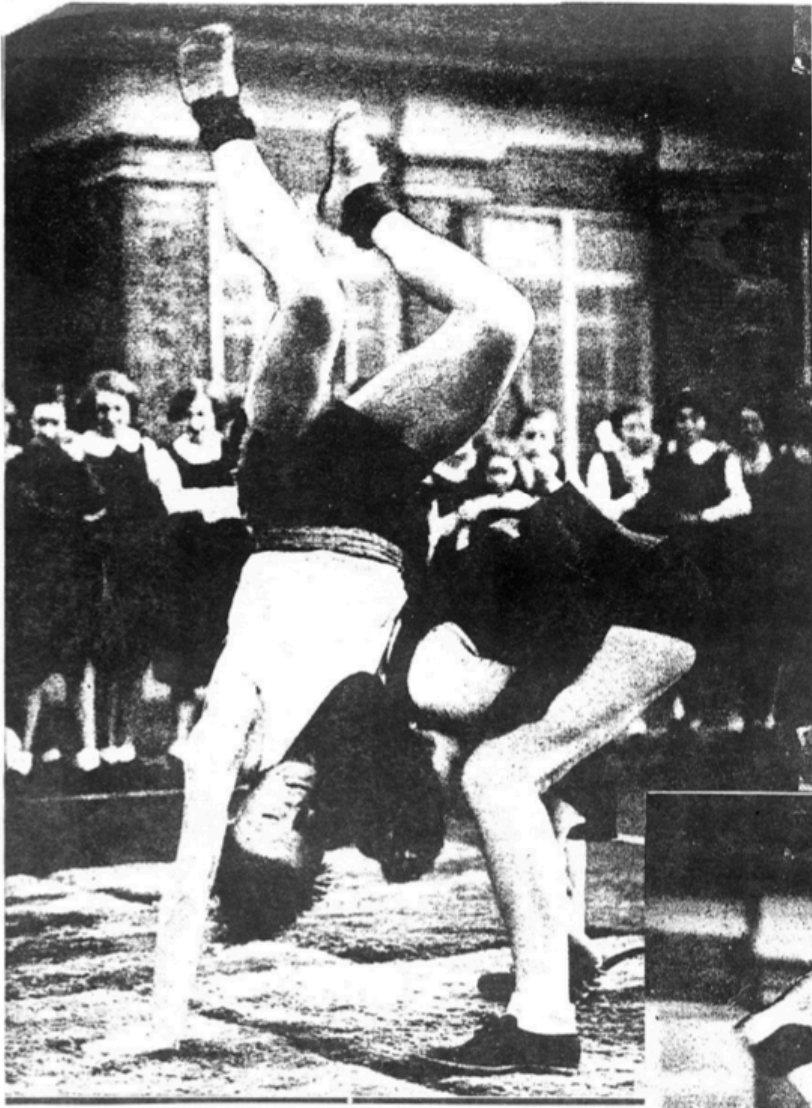
As you can see in these reproduced pictures here Mixed fighting was a popular thing at many of the schools then and the women did not hold back as they tossed and bashed the boys about.

LONDON LIFE

and the Birth of Mixed-Wrestling Correspondence

In England in the 1930's a publication called LONDON LIFE had a very lively correspondence section and many letters features all kinds of *trendy* and *fad-like* subject matter. One subject that was pioneered here was Mixed-Wrestling. OJH tried to locate as many of these old publications as he could in the used book stores of Los Angeles after the war. They were impossible to local in England due to all the paper drives they had during the war, not to mention, the destruction caused by the Blitz.





The tomboy snap sent in by "T.J."

To the editor,

Dear Sir - Here is a snap I took recently of a girl tomboy who is conquering a boy at wrestling. I happened to pass by with my camera and snapped them.

Yours truly,
T.J.



see letter from "T.J."

"BETTY" LOSES A BET

To the editor,

Dear Sir - In a recent issue of "London Life" "Betty" asked me who was the girl sitting on the boy I sent in a long while ago.

It was Mary Jenkins, "Betty," so you lose.

I enclose two good snaps of another fine girl wrestler, Mary Simpson. I hope you like these pictures of her.

Yours truly,
T.J.





A snap submitted by "T.J."

ANOTHER PHOTO OF A WINNER To the Editor,

Dear Sir - I have just received the April 16th copy of "London Life" and seen "Betty B's" article referring to my photos I sent in of Suzette and Ruby as well as Pauline. The ages of the three girls are: Suzette 14, Pauline 15, and Ruby 17. They don't always wrestle in their bare feet, however. I enclose another snap that will interest "Betty B".

Yours truly,
T.J.



A nasty hold to break.

TOMBOYS

To the Editor,

Dear Sir - I know several "tomboy" clubs. They wrestle boys and often beat them. I have snapped a couple of cases where the tomboy wins.

The boy usually gives the girl a grip and then tries to break out of it in a five-minute bout.

I put up a nickel and every minute the tomboy holds him she earns a penny, as we call our one-cent piece. She often earns five cents. The girls are about equal to the boys as wrestlers.

Yours truly,
UNCLE BILLY

THE SCOFFER SUCCUMBS(8-12-39) to the Editor,

Dear Sir - After my defeat by Dora. Jean naturally challenged me to a further wrestle with her, but I was allowed a few weeks for more training.

Jean wore a new two-piece pink bathing costume for the bout, the brassiere portion having a specially strengthened band underneath, going right around Jean's back. I do not think I have mentioned it before, but Jean has particularly sturdy legs, her thighs and calves having a wicked looking bulge of muscle.

The girls' maid, Marie, refereed the bout, whilst Dora made careful notes for the purpose of this letter.

Soon after sparring around, I threw Jean with a back heel and we fell to the ground. Considerable ground work took place but neither of us could get an effective hold, and we regained our feet.

This time Jean got under my guard and with a quick twist caught my head in her arms before I could ward her off, and over I went with a head throw. As I tried to recover, Jean caught my head and forced my right arm into my back for a lock, a hold from which I was entirely unable to escape.

I would explain that we fight these bouts until one of us gives in absolutely. Modified "all-in" rules are used, but there are, of course, a number of holds which are unbreakable. To avoid any dodging of punishment by a quick submission, such a hold is effective for a period of two minutes after which the opponent must be released. On the other hand, no hold is to be applied with such pressure as will cause dislocation or other injury, a simple matter in certain holds.

During the two minutes Jean took as much advantage of the arm lock as she could to weaken my right arm.

Regaining our feet, I was successful in forcing Jean to the mat by an arm lock. I tried to half-nelson her leg into a leg scissors, but she curled up her legs and I saw the opportunity for a toe hold. Putting my full weight on to her bent legs, I pulled her head back, and this time she was powerless. I was almost thrown off her once or twice, but managed to hold her for the full two minutes.

I next threw her with a cross buttock and with my arm round her head I tried to smother her with my weight. Struggling to her knees she threw me off with a twist, and we the struggled on the mat for some time. Although I nearly got a decisive hold on one or two occasions, I could not quite force my advantage home.

Again we got to our feet and after a tussle I got a waist hold from behind and attempted to swing Jean off her feet. She bent forward, however, and catching my right leg, pulled it up and threw me with a "Jack-knife" landing heavily on my body. Securing my left leg with hers she swung over and forced my legs for a splits hold giving me a most uncomfortable two minutes before the submission release.

Using my best efforts, I threw Jean with a back heel and tried to roll her into a scissors by means of a half-nelson. She broke away before I had her properly secured and I realized as in my bout with Dora, that I was weakening, while Jean seemed as strong as ever. I had at least forced a submission on Jean—a thing I had entirely failed to do with Dora.

Getting up, Jean threw me heavily by shouldering me in a head lift and held me for a submission with an arm lock and leg scissors. Two "souplease" throws by Jean had me in a daze and I succumbed to another arm lock and scissors and a wrist lock and scissors. When I got to my feet after these holds, Dora said my body looked quite red from the scissorholds applied by the strong legged Jean.

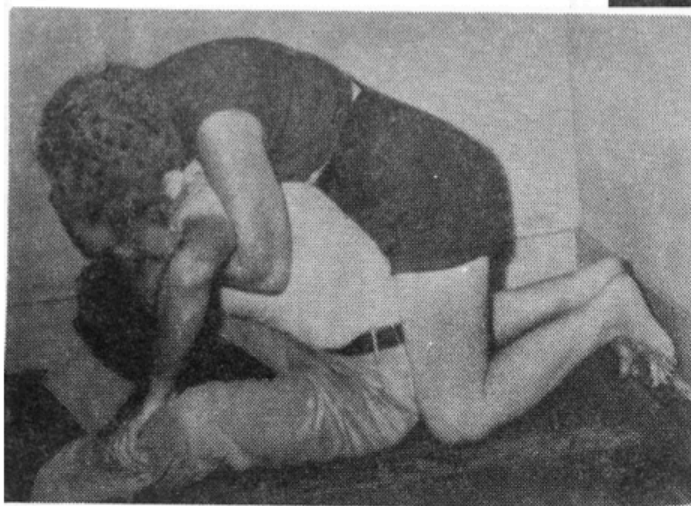
Jean followed up with a head throw and a toe hold, in which she hurt my back no end. She then picked me up for a heavy throw and applied a further wrist lock and leg scissors. By this stage I was thoroughly beaten and my struggles were so feeble that, to avoid further punishment, I admitted defeat.

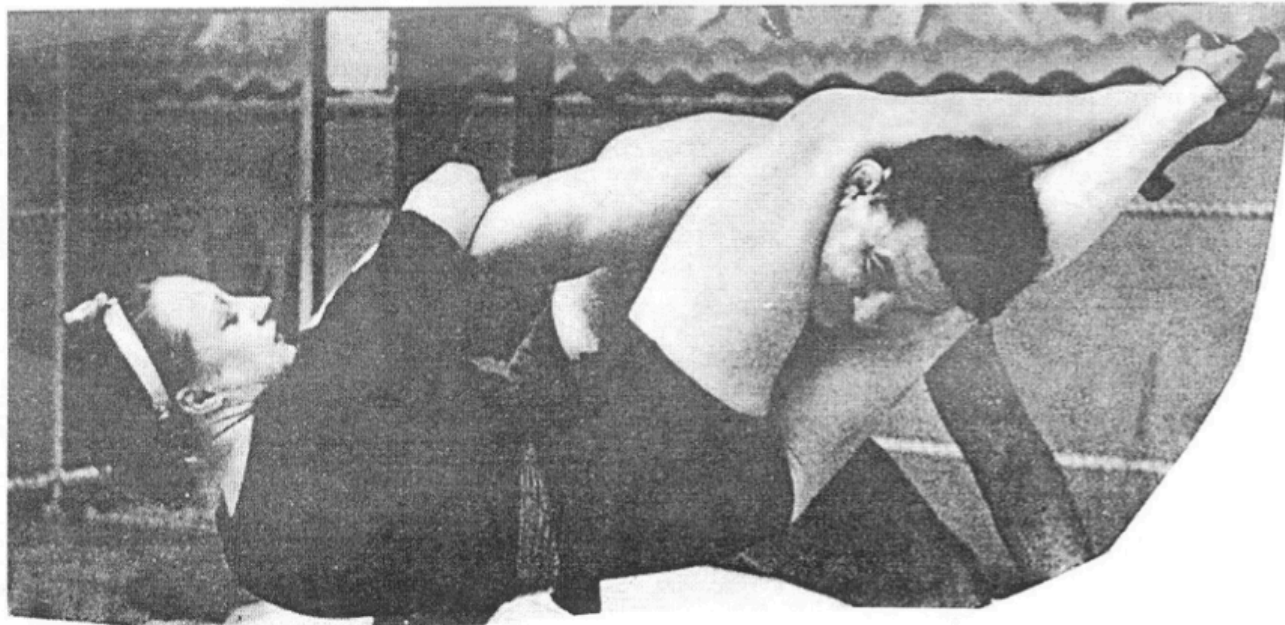
I picked myself up ruefully from the mat, the aches in my body and limbs paying tribute to the strength of Jean's muscles. Her delight manifested itself in a huge grin and, by way of rubbing it in, she said. "Hard luck, old boy! Sorry I was too good for you. What do you think about girl wrestlers now?"

The latter was a reference to the time, some months back when I had openly scoffed at wrestling for women.

I am beginning to realize the futility of this view, however, and it looks as if I shall have to grin and bear it. The girls are better wrestlers than I shall ever be, and so my name will stick as

Yours truly,
UNDER DOG



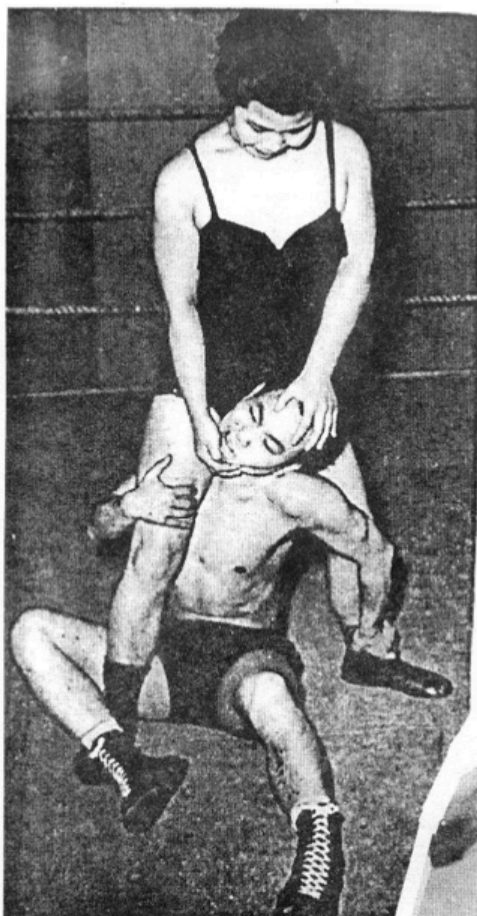


(French Lady Wrestler shows a husky male opponent what a well trained pair of female legs can do in the ring. Circa the 1930's)

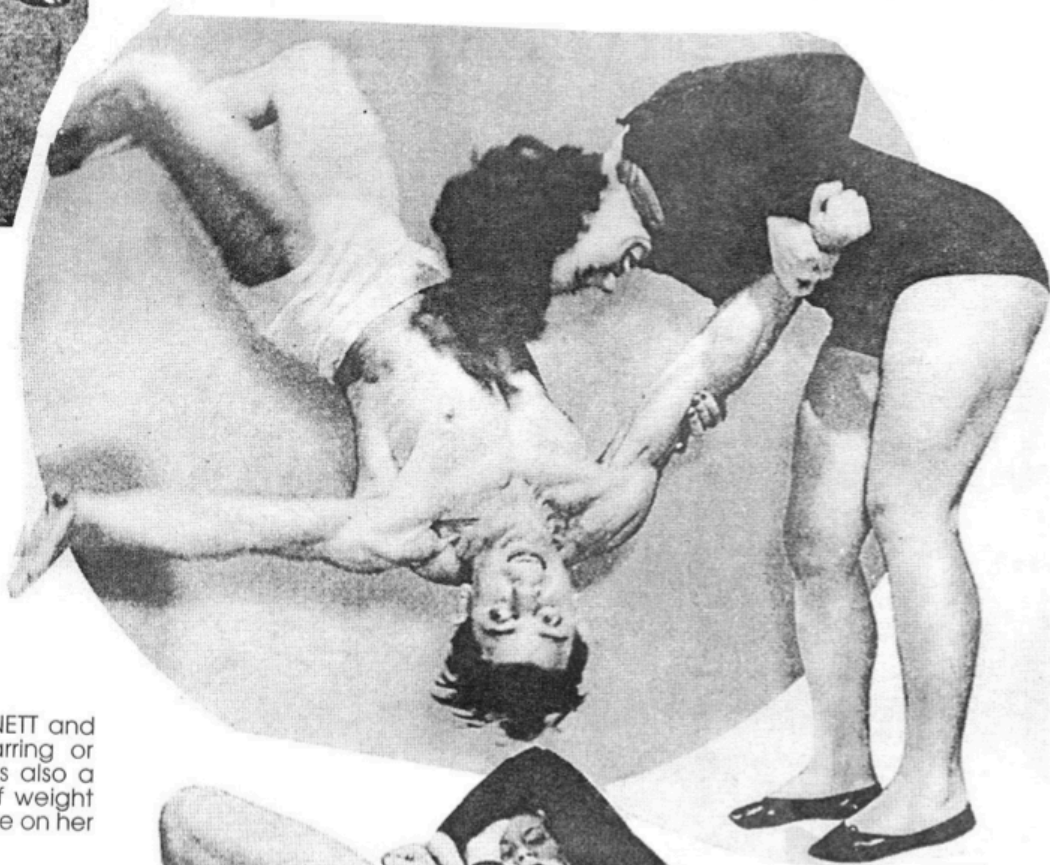


Up and over. Mademoiselle scores a point here against her huskier opponent. Note how she's gripping her own wrist for added leverage.





(Even in Japan, mixed wrestling was happening. Though, most likely it was happening mainly for the occupation GI's cameras in the early 1950's. Still these sturdy legged women knew their way around the ring. Today Japanese women wrestlers are probably the best in the world!)



(These two are MARS BENNETT and some unfounaute male sparring or training partner. Mars was also a circus star and did a lot of weight lifting. We'll have much more on her soon)



POST WWII NIGHT-CLUB WRESTLING IN HAMBURG GERMANY



(The man in the above photo has just been rendered unconscious in the scissors hold of the lady standing back with her hands on her hips. During the late 1940's mixed wrestling matches were very popular in the nightclubs of northern Germany. Life was tough in the country that had just a few short years ago been bombed back to the stone age practically. These ladies who worked and wrestled at these clubs must have been really strong and incredibly tough! Many of them were very good looking as well. Below, a losing contestant writhes in a head scissors lock. Remember this was years before the **Beatles** arrived on this scene...)



Below, losing contestant writhes in scissor head-lock.



DORIS BRINSON

& the Night & Day mixed-wrestling letters

Dear Sirs:

I have been an avid fan of N&D for many years. Somehow I happened to miss the beginning of a most interesting controversy, the muscle debate between male and female. The person most frequently mentioned is Doris Brinson, and from the letters she seems to be quite a gal! I've read raves about her great muscular development, tremendous strength, fighting ability and the many inferences that Doris is a strikingly beautiful female. This combination of beauty, muscles and strength is something I would really like to see.

I know you printed a picture of Doris but unfortunately it appeared in an issue I missed. Therefore, if it is possible, would you please reprint her photo in the "Speak Freely" column. I am sure that there are many other readers who may have missed that issue and like myself, are just as curious and interested.

D.J.



(These photos of Doris Brinson were sent to OJH by the man getting himself squeezed in the photos. He wrote that even though she appeared rather slim, her muscles were like steel cables and she could squeeze with amazingly painful force!)

WATERBURY, CONN.

Speak Freely

"WELL BEATEN" - DORIS BRINSON

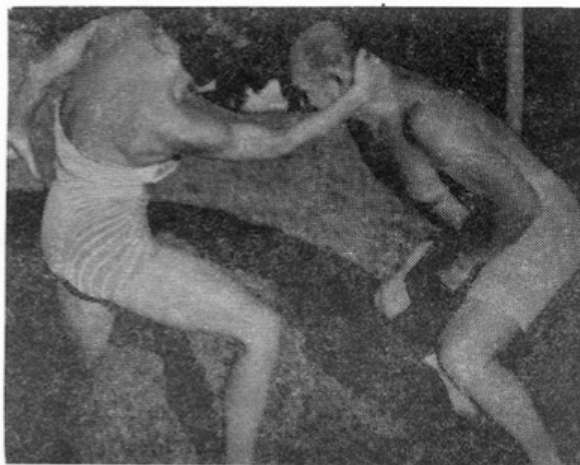
Dear Sirs:

I can't say enough in praise of Doris Brinson's wrestling and boxing skill. I'm only glad that I didn't have a big bet with her. The agreement was for the loser to write N&D. I was well beaten and I live up to my bargains.

I've known Doris for four years, since I gave her tennis instruction in '52. Despite her size - she's larger than the average man - she has a demure, school-girl appearance, and a figure that will turn the head of any red-blooded man. She is a breathtakingly beautiful girl; blue eyes, olive skin, and golden honey-spun hair. Doris' big three measurements are: 39-25-36. Her other measurements: forearms 10.5; bicep 14.5; thigh 23; calf 15.5; and ankle 9.5.

We went to a local gym, and here are the results of our bouts. In wrestling we agreed on the best two out of three falls, and she won two straight falls.

FALL #1: After a minute or so of feeling me out, Doris got down to business. She drove me back against the ropes with a series of forearm smashes which finally sent me to my knees. As I came up, she went into a combination. Then drop-kick, another, and a third. I went down with each one, and was very slow to get up the third time. When I did, Doris feinted, drew me into an ineffectual grab for a wrist-lock, avoided the lunge, and slipped an arm between my legs. The other curved around the back of my head. Doris lifted me high, started an airplane spin, then slammed me down to the canvas. As I lay stunned she threw herself on me, and I was pinned flat.



(Continued from last page)

FALL #2: It started, and ended, even faster than the first. At the bell Doris came at me fast, looking for some unaccountable reason like a ten-ton truck. I clutched at her, and her body was hard as steel under my fingers. She twisted an arm into an arm-lock, got behind me, and put on the pressure, with my hand high up on my back. She then locked her left elbow around my throat. I bent forward trying to break the hold, but I felt her muscles flex, and she straightened me back up by sheer strength. She swung me in an arc, and I hit the canvas. She still held my arm by the wrist. Placing one foot against my face and the other under my armpit, she went into an arm-stretch, while twisting the arm. My arm was so numb I hardly felt her pull me to my feet. I looked around for her, but didn't see her until she came flying at me, feet first, from six feet away. I went down from the impact, and she promptly nailed me around the waist with her terrible legs. I thought she was going to cut me in two. When Doris locked her ankles and squeezed, she expelled my strength like a puff of wind and I blacked out!

(Nov.'56)

SCISSORS SPECIALIST

Speak Freely

Dear Sirs:

What do we out here in the middle of the country have to do in order to get a letter published in N&D? I have written three letters and thus far not one has ever been printed, practically all the space is given to letter writers from coastal or near-coastal cities. I would prefer that you print my previous letter describing the bout in which I defeated Jack Nault in two falls out of three by use of the scissors holds. I consider myself a scissors specialist and I defy any man or woman to resist submission one I have locked my legs around their midsection or head. My legs are exceedingly strong, and with them I can drive the breath from any one.

A few issues back some very biased and unobserving person wrote that 90% of *Speak Freely* was devoted to the subject of mixed wrestling. I have made a survey, and of the past 87 letters published only 17 dealt with mixed bouts. I would like to see picture coverage of a mixed bout, I mean a *real* bout and not one obviously posed in which the contestants' muscles aren't even flexed.

JOAN MOST

STILLWATER, OKLAHOMA

(Sept.'57)

Dear Sir:

Any time a girl is willing to wrestle a man, you can be certain that she knows she can whip him, and usually does. As it happens I'm a girl who likes to and CAN wrestle. But I'm also a female who hates the taste of defeat—in fact, I'd rather suffer a broken arm than let a man pin my shoulders to the mat.

The bouts I've had all seem to follow the same general pattern. First the guy will try to laugh the whole thing off, saying he was only kidding and wouldn't really hurt me. But I insist I'm really serious about it and can take care of myself. I usually have to wind up grabbing the guy and making him wrestle.

My legs are good and strong, and I've found that getting a guy in a head-scissors is a sure-fire finisher. The hold, practically unbreakable, is very punishing. Generally, the fellow will surrender immediately. If he doesn't, my legs are powerful enough to squeeze him dizzy. It's then a simple matter to get him on his back and on his head until he's pinned flat.

I hope that some of your letter writers realize how silly they sound to ONE WHO KNOWS. CLARISSA RODECKER
Washington, D.C. (June '56)

Dear Sirs:

This is the first time I have ever written a letter of this kind, but I feel so strongly about this girl wrestling situation I had to write and thank you for publishing three recent letters on girl wrestling.

I started wrestling in High School, mostly informal bouts on the beach with boy friends, and sometimes with girls. I'm sure I was popular because of my wrestling ability as I had more dates than any of the other girls.

After I graduated HS I trained to be a professional girl wrestler, and had several professional bouts before I quit to be married. We now have a spare bedroom made into a gym, and my husband and I wrestle almost daily. It relaxes him after a day at work, and it keeps me in wonderful shape.

The reason for this long letter is to inform some of your doubting readers that girls can wrestle. I have wrestled with hundreds of men while training. I couldn't beat any professional male wrestlers but I might win an occasional fall when I clamped on a submission hold. However, I have whipped many amateur male wrestlers but none who were much heavier than me. I weigh 142 lbs. in wrestling togs.

I agree with Clarissa Rodecker, the head scissors specialist, that a girl must utilize her leg strength when wrestling men, and most girls have legs that are much stronger than their arms.

I use a body scissors grip to win most of my falls. Once I clamp on a scissors and turn on the pressure, my opponent is in for a terrible squeezing until he or she submits. During my training I once cracked six ribs of a pro girl wrestler before she surrendered to a body scissors grip. This shows the punishing power a girl can administer with her legs.

I heartily recommend wrestling for any girl as a wholesome body building sport.

DORIS BARNETT

PHOENIX, ARIZONA

(Oct.'56)

(OJH corresponded with a lot of women who were amateur wrestlers. Here's a letter from one of them from OKLAHOMA. Written in 1957—see Joan Most's N&D letter. She even sent a photo of herself)



Dear Orrin,

Once again I must apology as to the tardiness of my reply. I have been just so busy that there has been no time for the things I have wanted to do, such as write to you. I promise to do much, much better in the future. Your last letter with the photos was terrifically interesting. I already had some photos of Helen Smith, but the ones of Rita Martinez applying the scissors were most effective. You mentioned that you have some more; I would sure like to see them either on a loan or a permanent basis. I have not as yet got many photographs, but do plan to accumulate a supply. Rita Martinez has quite a good development of the thigh biceps, but I believe I have her bested in leg strength.

She is quite small, and her overall power would not be sufficient to force submission on a man. I have noticed that most of the women whom you mention are rather short of stature. Have you found that they are capable of terrible leg force when they are short? I am quite tall myself, (I believe I have already told you I'm 5' 10" tall) and find that my legs are easily capable of reaching around a fellow's waist and squeezing him into submission.

The last time I was playing around was last week. A fellow had come over to see Jack, at the time when we were working out. He didn't know Jack very well, and knew me even less. I guess he was amazed at the idea of a girl wrestling in competition with a man. He scoffed at the idea of my being able to beat a guy, so I challenged him then and there. He put on a pair of Jack's trunks, and we had at it. He weighed around 165 lbs., so I had a slight weight advantage. I'm sure he felt that he could overcome that in a hurry. We approached each other and I dived and caught his leg before he knew he was caught. We went down and I held his leg until I could get a double wrist lock on his right arm. As he tried to free himself from this hold which is, by itself, not very effective, I threw my legs around his middle in my favorite scissors hold. Before he could get set I jerked my legs spasmodically and drove the breath from his lungs. The force and suddenness of my scissors had terrified him and he was unable to resist. I then clamped hard with my thighs and buttocks, and in less than one minute he was almost tearfully begging for release. He has had a bit more respect for women for the past week after that drubbing.

You never did tell me what kind of hernia your cousin gave her husband. This I would like to know. There must have been a weakness there to begin with, or she is more powerful than I for I have never given a man a rupture with my scissors. Please send me a photo of her and some more showing scissors being applied if you can. When I can make it, I'll send some of me applying my scissors to someone. There is a thrill that accompanies the forcing of submission upon a man. It gives a girl a sense of satisfaction unrealized in any other sport, I believe.

I'm not sure that I gave you my dimensions. I weigh 180-185 lbs. Thigh 24, calf 16.5, ankle 9.5, bicep 13, forearm 11.5. I have been taking some special exercises to strengthen and harden my very powerful buttocks, which I consider as one of my greatest assets in applying the killing scissor hold. I try, of course, to use this hold to defeat all of my opponents. I can scarcely imagine a fall that I would win without it. I have enclosed a small photo of myself taken a couple of years back. I hope to have some better ones soon.

By the way, I wrote to the girl in Philadelphia and got a return answer. I enjoy corresponding with people interested in mixed wrestling. You must have thought you included an address for Ann Whitehead, but you didn't send it. I would like to have several more names and addresses to whom I could write. Jack and I are both highly interested in this field, and would like to meet some more girls with whom I could wrestle. Orrin, please write soon, and send some more pictures and addresses.

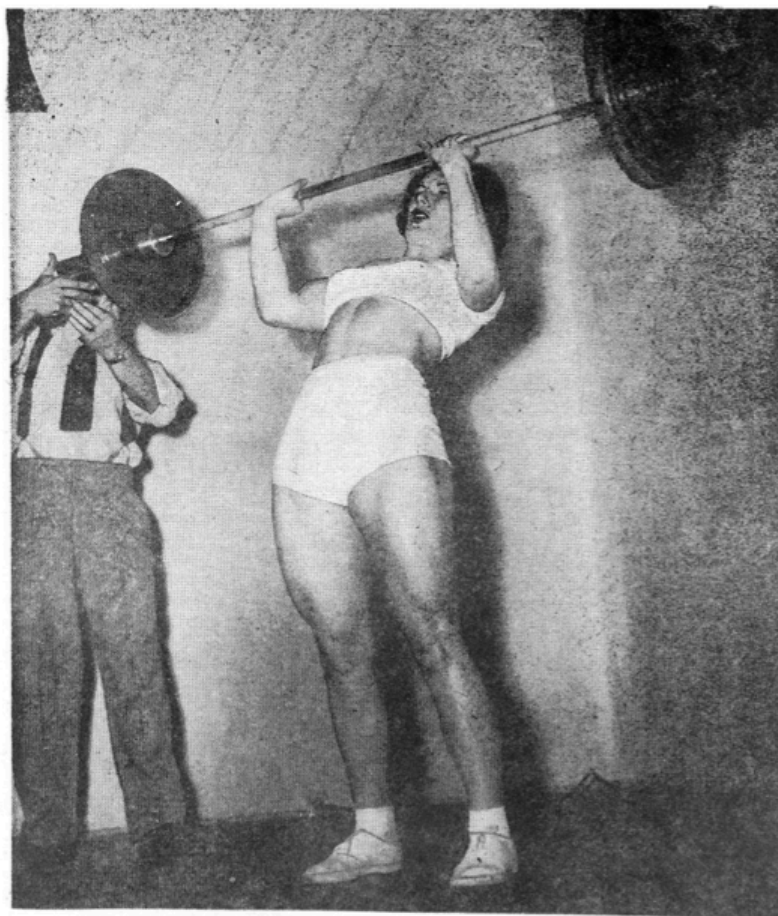
Your friend, JOAN (MOST) NAULT
(Oct. '57)



(The following are excerpts from OJH's scrapbook on **strong-legged women**. The captions from here onto the "Shooting from the Hip" section are written by OJH)



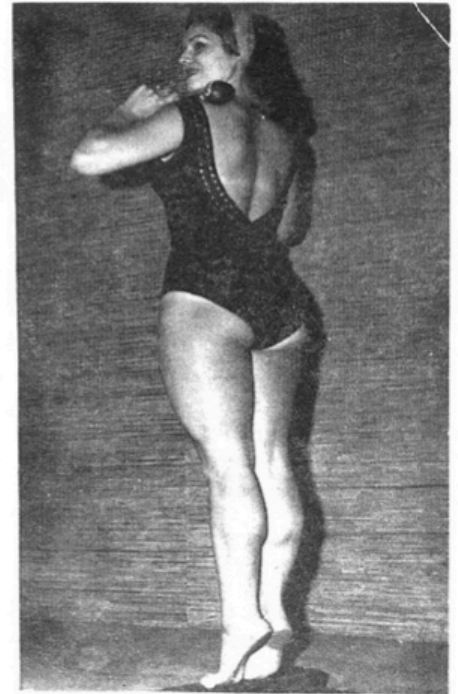
(**MARILYN RICH** circus aerialist performs a feat called the *Muscle Grind* on her back yard equipment. This feat calls for great shoulder strength as well as large amounts of endurance. Notice how Marilyn's legs are scissored in this photo and the bulge of her powerful thigh muscles. This female athlete could make most anyone submit to a body scissors hold with her strong thighs.)



(At a women's weightlifting meet held in Los Angeles powerful **EDITH ROEDER** is shown above as she breaks the record for women in the two hand clean and press lift. As she strains every muscle of her strong body is flexed, note the great slabs of muscle that stand out on her mighty thighs. The athletic Mrs. Roeder is stronger than the average man and in a wrestling bout she could make most any opponent submit to the power of those heavily muscled thighs with a scissors hold.)



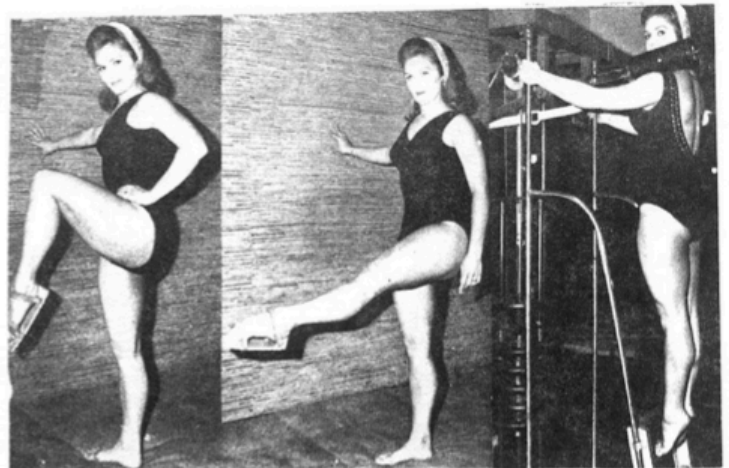
(STRONG GIRL
PUDGY STOCKTON
HAS POWERFUL
THIGHS!)



(Mrs. Clark, shown above and below is a very husky woman. The poses shown show her specializing in leg developing exercises. Note her powerful thigh and calf development, not to mention the jutting prominence of her big buttocks. This powerfully developed woman could make most anyone submit to the power of her muscular legs with a scissors hold.)

(**RITA MARTINEZ** - Husky woman wrestler displays her powerful thigh biceps for the camera. One of her favorite wrestling holds was the leg scissors. One can readily see that she would be very good at this hold. Those big thigh muscles would bunch and contract until they were as hard as steel, causing great pressure to be exerted against her hapless opponent. Many of Rita's victories were won by submission to the mighty squeeze of her muscle humped thighs.

To apply great strength in the scissors hold not only calls for powerfully muscled legs but well developed and muscular buttocks as well. Rita had big rounded buttocks and those huge jutting mounds of firm woman flesh helped this strong woman wrestler apply rib crushing pressure in the scissors hold. With her powerful thigh muscles at full distension Rita would arch her strong back and tense the mighty gluteal muscles of her heavy feminine buttocks, none of her opponents could stand this bone crushing pressure for long.)





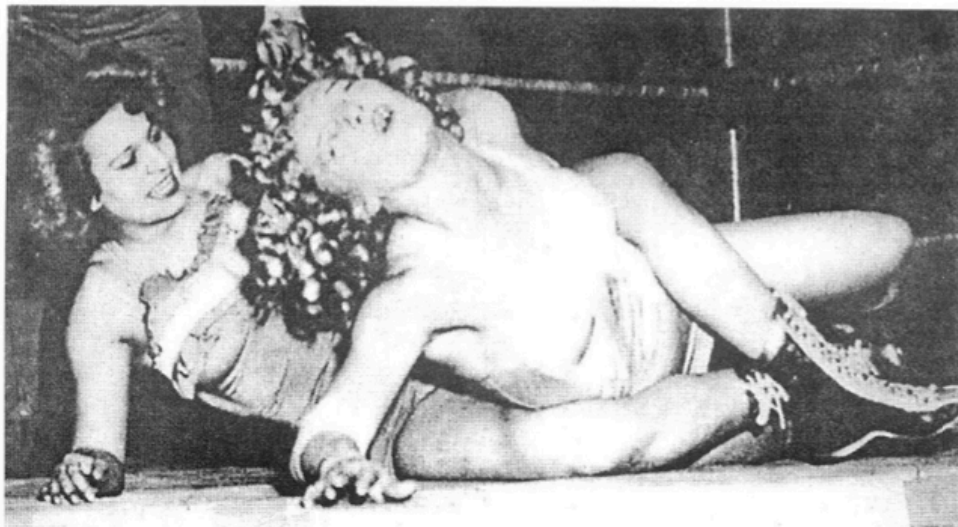
(Ice skating and dancing are great builders of muscular legs. Note the massive thigh development of the blond skater shown to the left. **MARTHA FURSTER-STEFFING**, 140 lbs. Germany 1933)



(Canadian strong girl **TANYA WARCHUCK** is shown above exerting her strength against the barbells. Tanya is blessed with a powerful physique. Especially her legs, legs that are shapely and strongly built. Note her broad and curvaceous thighs in this photo. One can readily see where she gets a lot of her power, from the bulging muscles of her mighty thighs. The great slabs of muscle stand out on her thighs as she strains to heave the heavy barbell overhead.)

(Here is a report that **Bill Wick** made to the WPC club back in 1968.....)

"I have gone two years undefeated in college wrestling in the 157 lb. class. I have wrestled national champs, and a lot of strong college wrestlers from UCLA, Phoenix Jr. College & Colorado State. During last wrestling season my girlfriend Virginia, who is 22 years old and has been taking ballet for about 17 years, gave me the surprise of my life. She stands only 5' 4" with a weight of 118 lbs., but she put a scissors hold on me that made me submit in a hurry or I think she could have broken some ribs. Her thighs measure 22" and her calves 15". She has by far the tightest scissors hold of any men I have ever wrestled and she was only squeezing half as hard as she could. Well, after she showed me several times she could easily make me submit I took her into the weight room where she did 10 full squats with 200 lbs., and three one-legged squats with 120 lbs. Since then she has applied her crushing scissors hold to about 25 fellow athletes and made each one submit in a few seconds. She had to squeeze her full strength just once and that fellow, a heavyweight wrestler who also plays tackle on ASU football team, weighs 245 lbs.!"



(**GLORIA BARRATINI** Pro girl grappler has very powerful thighs and this strong girl has made many an opponent submit to her strength with a scissors hold. Soon after the photo, to the right was taken, husky Ella Waldek gave up, being unable to withstand the pain of the bone crushing pressure applied by Gloria's mighty legs.

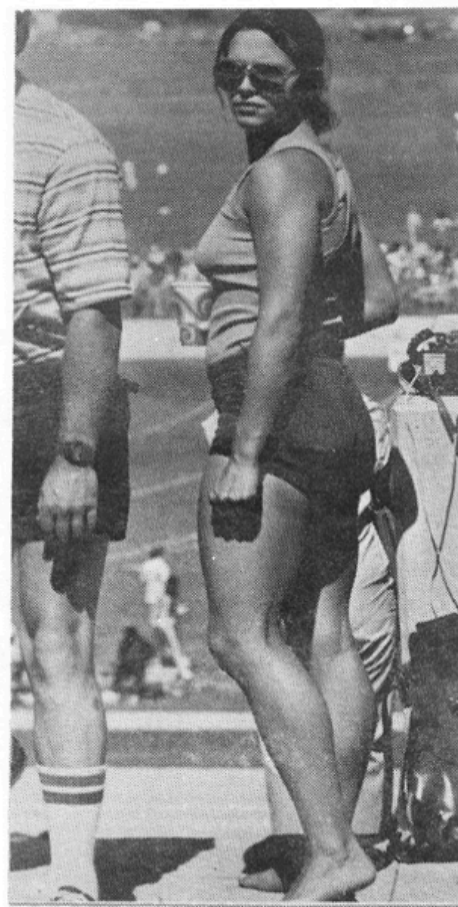
In the next photo Gloria uses the strength of her muscular thighs again to force her hapless opponent to submit to the intense squeezing of her skull-bending head scissors hold.)



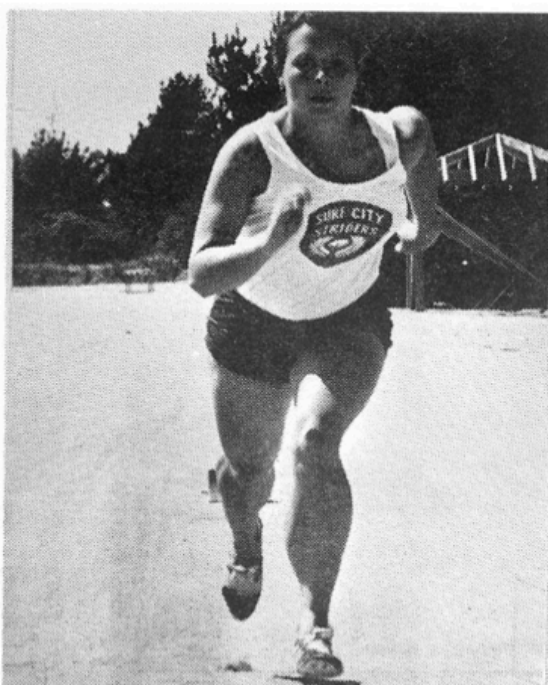
(Before female body building caught on in the early 1980's there were still quite a few very impressive women running around. But photographing them flexing up was a problem. Not for OJH, of course, he had no qualms about approaching and asking them to make a muscle for his camera, but for the rest of us the rejection of a refusal or that look that we were maybe considered a weirdo was enough to keep our shooting more clandestine or secret. Thus, SHOOTING FROM THE HIP or the side or from behind while they weren't looking became the norm. The two shots below of some impressive girls watching a volleyball game are examples of this method of recording female muscle, albeit in a reposed state.)



(Or a very strong-legged observer at a track meet)

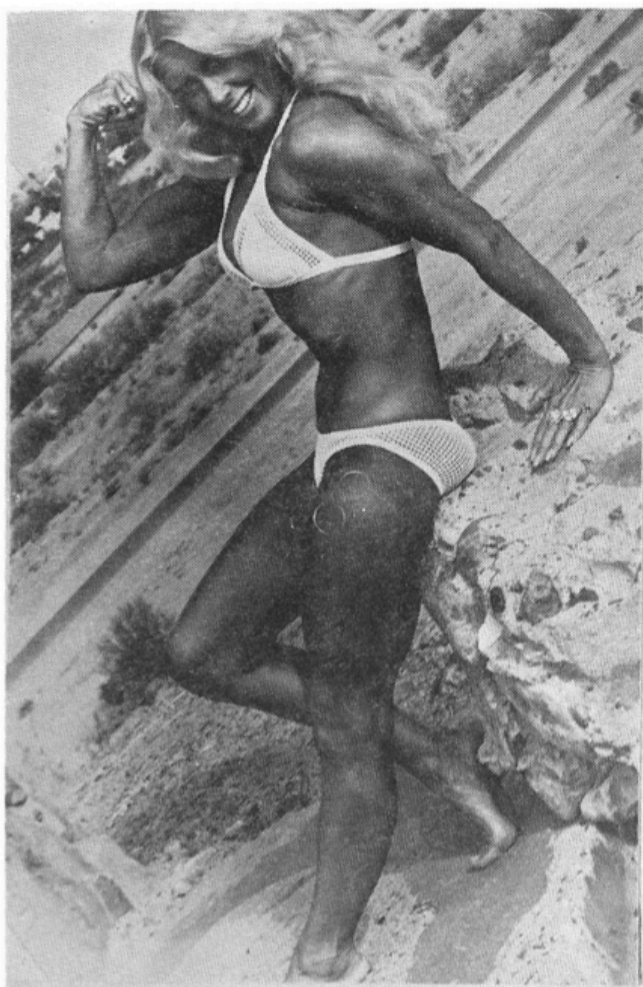


(But shooting from the hip or on the sly sometimes got the photographer into trouble as with the very strong-legged track-girl (**Ms KIRSCH**). Luckily she didn't decide to squeeze the photog's brains out with her husky lower limbs and he even got her to pose some for his camera on the track field. She may have been a little over her recent competing weight, but those legs were still awesome looking. Calves must have been close to the 18 inch mark!)



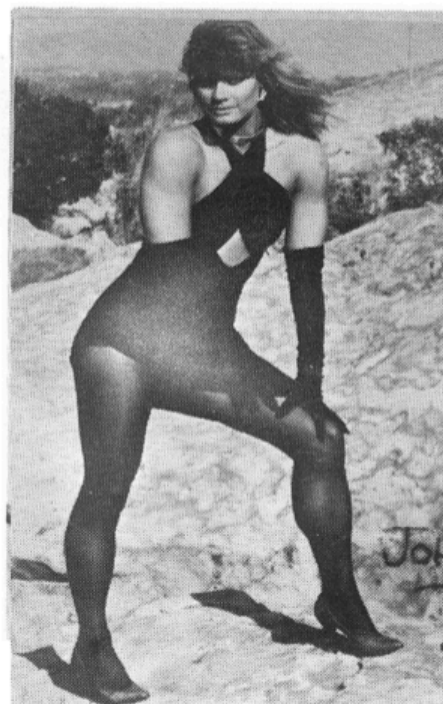
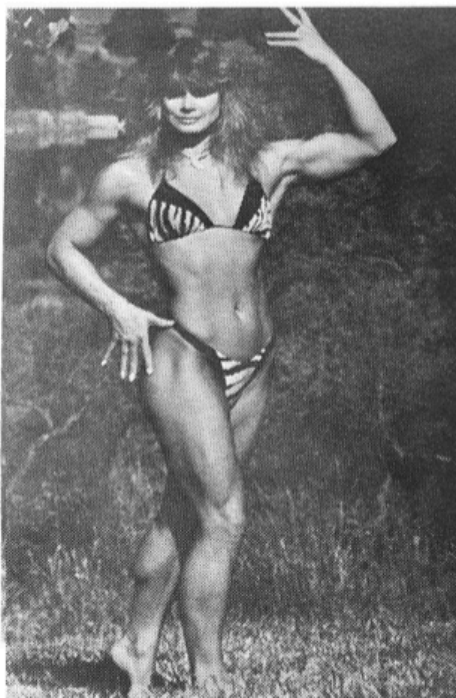
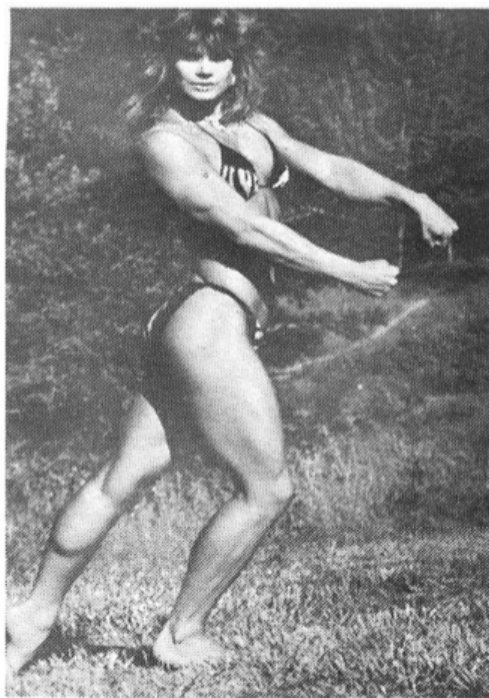


(But there were some women in the 1970's who would pose for your camera and flex up. An impressively armed girlfriend at poolside shows good arms and an attractive, athletic body. Some women got so much attention they made a business out of posing. Such as in the case of Charonne Carpenter.....)

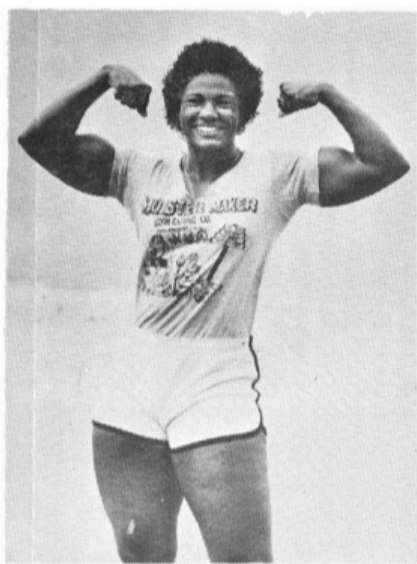


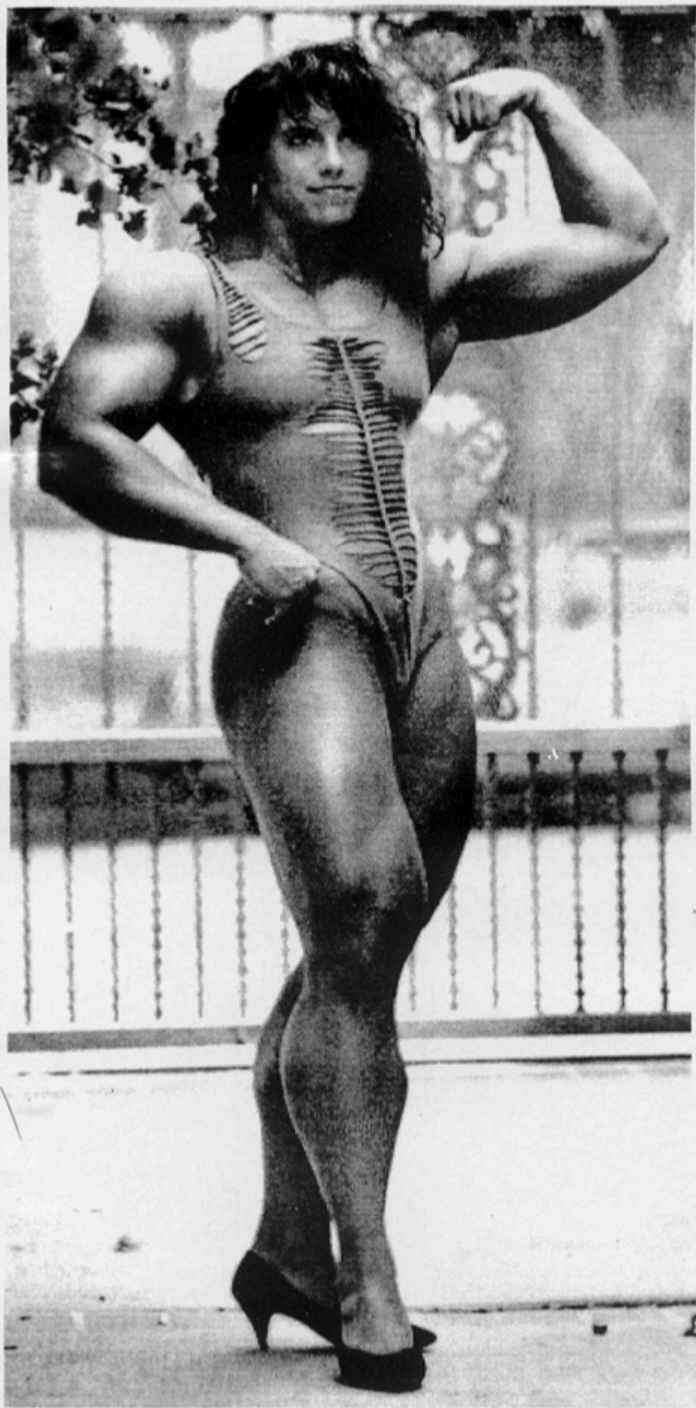
(These two full length shots show Charonne Carpenter circa 1976. She really didn't have all that much in the muscle dept., but she was blonde and built and that seemed to be enough to garner a good amount of media coverage. By 1979 she'd even taken on some silicone pumping to go with the iron. Again, not that much different than many of the female Bodybuilders of recent history.....)





(Then came the eighties and impressive women were available to almost anyone's camera. Flexing and dressing—or sometimes undressing—the way we wanted! Above three shots are of the beautiful **LORI WALKUP-GREEN** one of the first female body builders to get modeling jobs and then some hollywood screen time. She also happened to pose as a certain comic book jungle girl called **KYRA**. Below from the left is **TONI HARPER** a rather elusive southern California, bodybuilder who early on developed a very massive pair of arms. **TINA WOOLEY** (Mrs. Peter Van Duyn) came up from the Dutch Antilles and Europe to compete in several mid-eighties bodybuilding contest. Then we have the great legs of **DEANNA PANTING** a great flash-in-the-pan from Canada who didn't stay with the bodybuilding for too many years.)





(Today more amazingly muscled women are surfacing everyday. Muscles on women is no longer seen as a freakish thing by most of the mainstream media. One can only wonder what tomorrow will bring.....)

(This concludes the first volume of this series. Hope you have enjoyed this peek at one of the biggest collections in this field. Please write (LH-ART P.O. Box 129, Lawai, HI 96765 or E-Mail us at: heller1001@hawaii.rr.com) and tell us what you think and more importantly what you'd like to see more of in coming volumes. More Biceps, more mixed-wrestling, strong legs, circus performers, strong women, etc, etc. Please give us input. If you have some vintage female strength photos and information yourself we are open for contributions to be published. Let us hear from you!)

A'hui ho!

LH



